

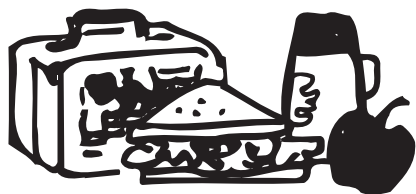
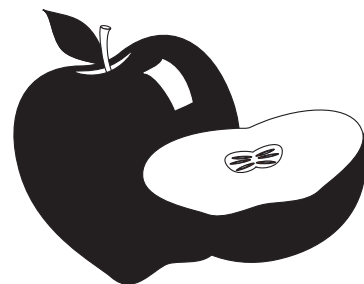
Local Virginia Apples

Great Taste That's Always In Season

Fun with Apples

Apples: The Smile Fruit Makes a Smiley Apple Sandwich

Core a Virginia apple all the way through to the blossom end. Slice apple crosswise into 1/4 inch rings. Spread apple ring with peanut butter and top with another ring. Cut apple sandwich in half into two smiley apple sandwiches.

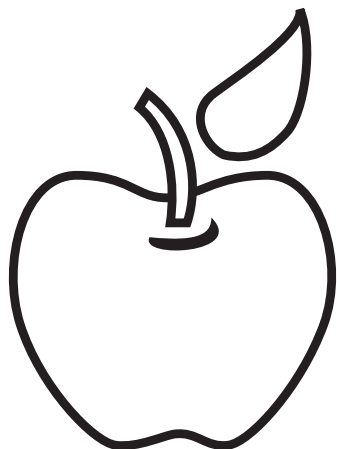


Surprise Lunch for the Lunch Box Bunch

Slice top off of a Virginia apple. Core apple, leaving bottom of apple intact. Fill with a mixture of cream cheese or peanut butter combined with raisins and nuts. Replace top of apple and pack in a plastic sandwich bag.

Applesauce Cake in a Cone – A Magical Microwave Creation

Prepare a one or two layer spice cake mix according to package directions, except substitute applesauce for the water. Pour batter into flat-bottomed ice cream cones, no more than half full. Arrange 6 cones in a circle in microwave and cook on full power 2 1/2 to 2 3/4 minutes. Continue baking 6 cones at a time until all batter is used. When ready to serve, top each cupcake with a big scoop of ice cream.



Apple Giggles

1 package (3 oz.) gelatin, any flavor
1/2 cup cold water

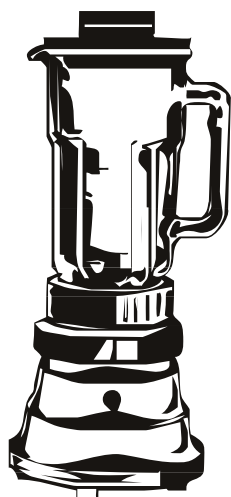
1 cup boiling water
Virginia Apples

Dissolve gelatin in boiling water; stir in cold water and set aside. Core apple leaving bottom of apple intact. Hollow out some of the apple flesh to make room for gelatin. Pour gelatin in apple and place apples in individual bowls to keep them upright. Chill until gelatin is firm. Cut in wedges to serve. Fun for kids, but also makes an attractive garnish for a meat platter. Vary the flavors of gelatin and use both red and yellow apples for a variety of color combinations.

Blushing Apple Milkshake

1 cup apple cider
1 cup milk
1/2 cup frozen yogurt or nonfat vanilla yogurt
1 heaping tablespoon cinnamon red hot candies
5-10 ice cubes

Combine apple juice, milk, yogurt, candies and about 5 ice cubes in blender container. Blend on high about 15 seconds. Stop blender and add more ice and continue blending on high until all candies and ice are combined. Pour into two tall milkshake glasses and garnish with red apple slice.

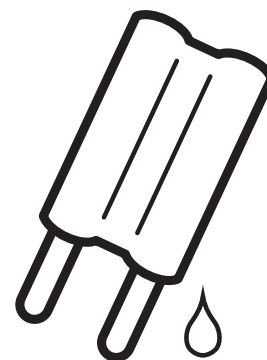


Chewy Apple Roll-Ups

Peel and slice a sweet variety of apple such as a Virginia Red or Golden Delicious. Place in blender container with 1 tablespoon lemon juice for each 4 cups of fruit. Puree until smooth. Sugar or honey to taste may also be added. Cover an inverted baking sheet with heat resistant plastic wrap. (Saran Wrap is good for high heat.) Tape plastic to baking sheet with masking tape. Pour apple puree over baking sheet in a very thin layer, leaving 1 inch free of puree around edges. Dry in food dryer or in oven at 140° F with door open about 2 inches. Dry until leathery and pliable but not sticky. Takes several hours. Roll apple leather up and store in moisture proof, airtight container. For longer storage, refrigerate or freeze.

Cidersicles – Cool Pops for Cool Kids

Fill small paper cups with apple cider and freeze partially. Insert a popsicle stick in each and freeze until firm. Peel away paper cup and enjoy a cool natural snack.



No Cholesterol  High in Potassium  Fat Free  Low in Sodium  Dietary Fiber

Virginia Apple Growers Association

1100 Bank Street, Suite 1012
Richmond, VA 23219
804/371-6104
Fax 804/371-7786
www.virginiaapples.org